



Scaffold Her Empowerment (SHE)



INSTITUTIONAL DISTINCTIVENESS - SHE

Inspired by the vision of Pandit Jawaharlal Nehru, who said, "If you educate a man you educate an individual, however, if you educate a woman you educate a whole family," St. John's College has designed a programme titled SHE (Scaffold Her Empowerment). The programme is led by The Women Cell, a student initiative that aims to empower and educate young women on the campus and beyond. The college, which has a majority of female students, believes in their potential as agents of change and social transformation. The Women Cell seeks to create awareness about the contemporary issues and opportunities that women face in the world. The college has taken many efforts to support and enhance the education and empowerment of its female students, and has witnessed the positive impact of this initiative on their character and personality.

Objectives of the Practice: The Women Cell at St. John's College is a student-led initiative that aims to empower and educate young women on the campus and beyond. The Women Cell recognizes the potential of women as agents of change and social transformation, and seeks to create awareness about the issues and challenges that they face in the contemporary world. The main objectives of this "best practice" are:

- To enhance the self-esteem and confidence of girls by providing them with opportunities to express themselves, voice their opinions, and assert their rights.
- To empower girls to take important decisions regarding their personal and professional lives, by offering them career guidance, counseling, and mentoring.
- To conduct health awareness classes that cover topics such as reproductive health, menstrual hygiene, nutrition, and mental health, and to provide access to sanitary products and facilities.
- To educate girls about community living and social responsibility, and to encourage them to participate in social works that benefit the marginalized and underprivileged sections of the society.



I. Activities

1. Motivational Speech

The women's cell activities for the academic year 2018-2019 inaugurated by Dr. Kaladevi and she urged the students to stand up for themselves and to be brave while talking challenges. She elaborated her own success story to enlighten the students.



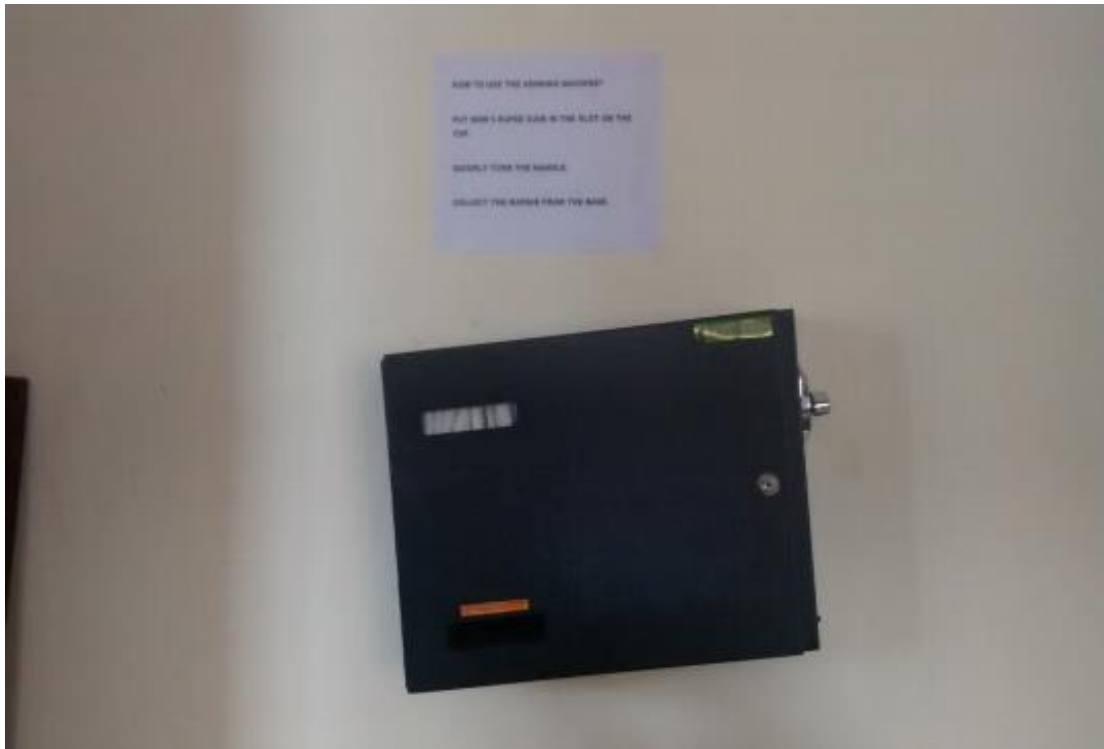


2. Familiarization of Vending machine and Incinerator to the students

Upholding the importance of cleanliness and health, there is a napkin vending machine in the Women's Development Centre (WDC). The vending machines were installed to ensure an effective, safe and convenient mode for any time access to the sanitary napkins. The purpose is to promote safe and hygienic sanitary practices among the women and girls.

- An Incinerator was also installed in the women development centre. After installation, a small demonstration in English & Malayalam was given to the female students, Teaching & Non- Teaching staff. Females from the Housekeeping & Security also attended the session. The Demonstration video is also circulated to create awareness and easy accessibility.





3. Poster Presentation Competition

Realizing the changing needs of the time, Community Development Society (CDS) of Anchal Panchayat along with women's cell conducted a poster presentation competition on the topic "Women: Yesterday, Today and tomorrow".

- From among various posters presented the first prize were secured by Kumari Anjali Ashok (II M.Sc. Environmental Sciences), Shahina Beevi S (III B.A. Communicative English) secured II Place.





4. Transgender Awareness Class

The ignorance and lack of understanding about transgender people in Indian society need to be changed as soon as possible, and it can only be done by spreading awareness among people. Transgender awareness class in collaboration with Social Justice Department was held on October 25, 2019, A.N by 2pm at College Auditorium.

- Sudheer Kumar, Director, Social Justice Department inaugurated the programme. Maya, LAS Resource person delivered an awareness talk. Transgenders, Vismaya and Ardra shared their experiences. Students realized that, it's their duty to support transgenders and make awareness among Community regarding this.

5. Speak out and Stand with Her

One-week long Women's day celebration programme from 01/03/2021 to 08/03/2021 was organized in collaboration with NSS unit of our college. Along with the above WOMEN'S RIGHT AND AWARENESS Classes were also held.

- The class was led by Dr. Anu Varghese, Assistant Professor of the Department of Commerce. The class was held online. The Google meet link was provide to the students through their class WhatsApp groups and maximum participation of the students was ensured. Dr. Anu Varghese also provided YouTube links of her classes regarding women empowerment and women rights, cybercrimes against women, public awareness regarding women harassment.
- With the joint effort of Kerala Police, NSS Unit 14 A&B and women's cell of St. John's College, Anchal. Volunteer secretary collected the complete list of students, who have downloaded Nirbhayam App, and made it compulsory that all the girls in the college should mandatorily download the same.

6. Gender Sensitisation Training

A meet on "Gender Sensitization" was conducted in association with the Dept of Women & Child Development. Problems due to gender inequality, dowry related issues, Backwardness of women in society were some of the topics discussed.



- Program officers also shared their opinions and views about the topic. The meet were conducted on Zoom platform.

Gender Sensitization Training Programme
(Gender Relation, Gender & Law)
for students of
St Johns College, Anchal
Saturday July 17, 2021 @ 3 PM


**Government of Kerala,
Women & Child Development Department
Mahila Shakti Kendra | St. John's College, Anchal**


Introduction
Sri. P. Ananthkrishnan
Women Welfare Officer,
DLCW - Kollam


Welcome
Prof. Anu Varghese
Assistant Professor(Commerce)
St Johns College, Anchal


Inauguration
Smt. Geetha Kumari. S
District Women & Child
Development Officer, Kollam


Resource Person
Smt. Rekha Lekshmi
Supervisor,
ICDS Sasthamcotta


Vote of Thanks
Prof. Shijo V Varghese
Assistant Professor(Malayalam)
St Johns College, Anchal

Women & Child Development Department, Kollam | District Level Centre for Women, Kollam

7. Self Defence Programme for Women

As part of International Women's Day celebrations, a self defence training programme for women on 3rd March, 2022.

- Christina of II B.A. Malayalam led the programme by teaching the students martial arts, she is a black belt holder in karate. It was a very useful programme for the students, as they learnt the basic techniques to defend any threats coming against them.



8. Flash Mob and Rally

As a part of international women's day celebration 2022 a women's empowerment rally and flash mob was organized to spread the importance of women's day celebrations to the general public.





INTERNATIONAL WOMEN'S DAY 8TH MARCH

WOMEN'S WEEK (Women's Week Celebration)
4TH MARCH TO 8TH MARCH

📅 04/03/2022 Friday
🕒 10:30am

WOMEN EMPOWERMENT RALLY

THIS IS OUR REVOLUTION

📍 ST johns college anchal
Nss unit 14 A & B

INTERNATIONAL WOMEN'S DAY 8TH MARCH

Women's week
4th march to 8th march

FlashMob

📅 05/03/2022 Saturday

📍 Venue: Market Junction Anchal

🕒 11.00 am

St. John's College Anchal
Nss unit 14 A & B



9. Pamphlet Distribution of Women Helpline Numbers

On 7th march NSS volunteers of St. John's College, Anchal distributed pamphlets printed with women helpline numbers in shops, bus stands, auto stand etc.



ST. JOHN'S COLLEGE, ANCHAL
NSS UNIT 14 A & B



Distributing pamphlets of women helpline numbers



10. 'Orange the World' Campaign

As a part of this program a campaign named 'Orange the world' was held at college by the department. Adv. Rajeesha, Family court Counsellor, Punalur led a debate on the topic United activism to end the violence against women and girls.

- Active participation from among the girls of the college was witnessed. The debate session was followed by a question-and-answer session where Adv. Rajeesha cleared all doubts regarding the laws prevailing for atrocities against women.

സെന്റ് ജോൺസ് കോളേജ്, അഞ്ചൽ
എൻഎസ്എസ് യൂണിറ്റ് 14 A&B
വനിത ശിശുവികസന വകുപ്പ്

കർമ്മപരിപാടി

സ്വാഗതം	:	ഡോ. കവിത C.H (Convener, Women's Cell, Asst. Professor, Department of Botany)
അധ്യക്ഷ പ്രസംഗം	:	ഡോ. ചെറിയാൻ ജോൺ (Principal, SJC Anchal)
ആശംസകൾ	:	ശ്രീമതി. സുജ (School Counsellor)
ചർച്ച	:	ഡോ. സുനിത ഗ്രേസ് സക്കറിയ (NSS PO, SJC Anchal)
നന്ദി	:	അഡ്വ. രജിഷ (Family Court Counsellor)
	:	മഞ്ജിമ മധുസൂദനൻ (NSS Volunteer)

തീയതി: ഡിസംബർ 01, 2022
സമയം: 02:00pm

Jointly organised by the NSS, the NCC & Women's Cell, SJC Anchal



11. Nirbhayam App Campaign

- With the joint effort of Kerala Police, NSS Unit 14 A&B and women's cell of St. John's College, Anchal. Volunteer secretary collected the complete list of students, who have downloaded Nirbhayam App, and made it compulsory that all the girls in the college should mandatorily download the same.

St. John's College, Anchal

NSS Unit 14A&B

**SPEAK OUT & STAND WITH HER
CAMPAIGN**

Phase 2

PRESS & HOLD
Nirbhayam App (An initiative of Kerala Police)

**All girls must have downloaded this app.
BE FEARLESS.....**

Logos at the bottom: St. John's College, NSS Unit 14A&B, and Kerala Police.



II. Facilities for Girl Students

1. Women's Development Centre

Facilities provided for the girl students of the college. Here an exclusive dining facility for girl students is arranged.

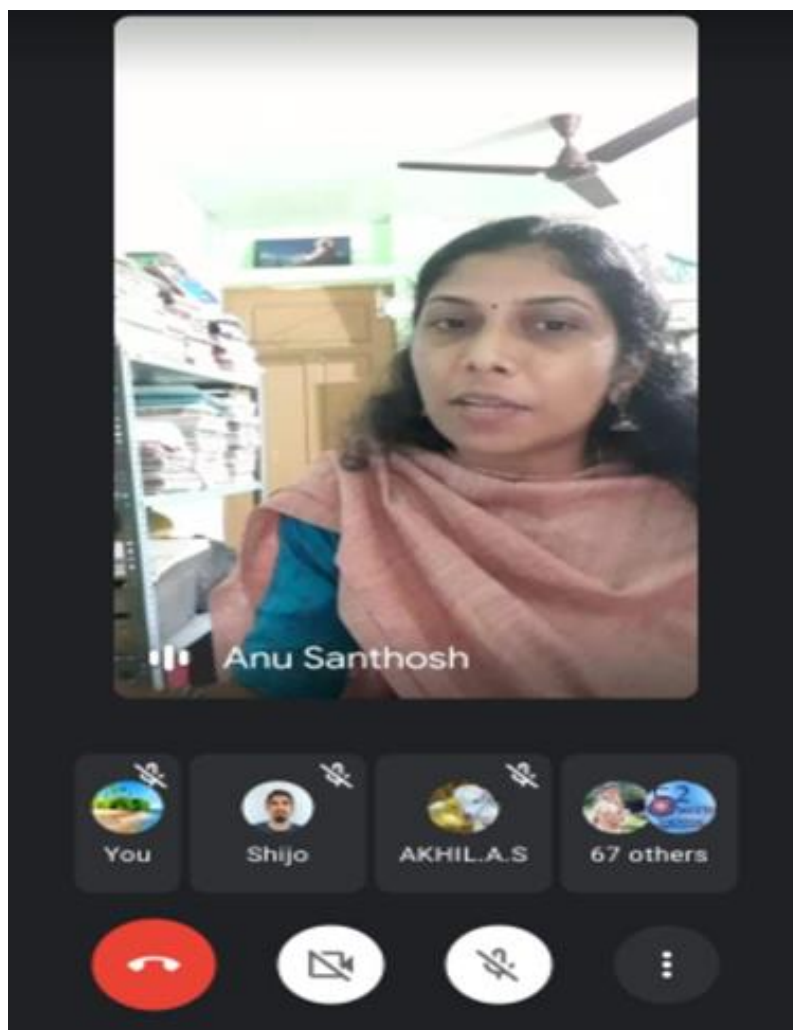
- Two rooms are there in the centre, a dining room and a recreation room. The main dining room has facilities for students to take food and also for combine study if necessary.
- Four ceiling fans are there in the room in working condition. A water purifier cum cooler is fitted in the room. The adjacent recreation room is provided with women magazines and some indoor game facility like caroms and chess.
- The WDC has a Napkin vending machine, a manually run one in which girls can get one napkin each at the payment of Rs.5.
- In the WDC 10 girls toilets with all facility for girls is provided.
- Inside the toilet a napkin incinerator is also fixed an electrically operated one. For the overall maintenance of the WDC and helping the girls with the napkin vending machine and incinerator two lady staff of the management are there, who looks into the cleanliness and judicious use of the facilities of the Women's Development centre and allied facilities.





2. Awareness Classes by the lady faculty of the college

The lady teachers of the college also take awareness classes for the girl students on various topics like cleanliness, general behaviour, women's rights etc. on general meetings convened under the auspicious of Women's Development Center.



3. Resting rooms, recreation rooms and toilet facilities for girl students

The college provides separate rooms for the rest and recreation of girl students, equipped with indoor games, chairs, tables and reading materials.

- The rooms have attached washroom facilities, incinerators for sanitary pad disposal, water purifier for drinking water, both cold and normal.
- The rooms are designed to be comfortable, safe and gender-inclusive, following the best practices of restroom design in schools.



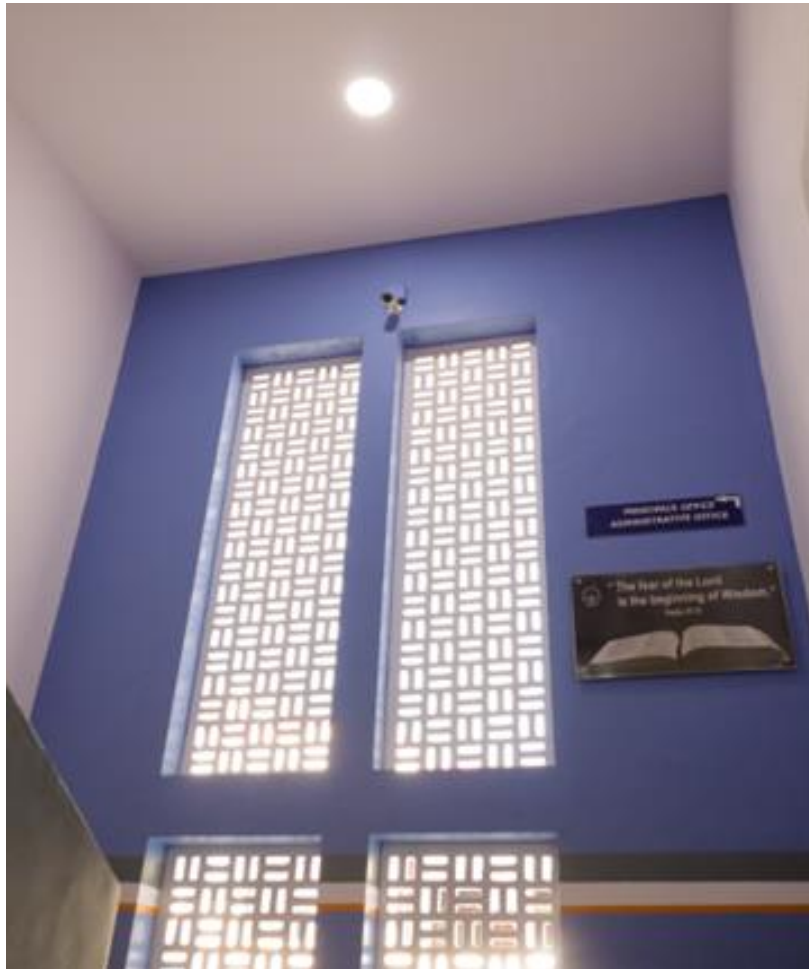


4. Security for girl students

The college has appointed security staff at the entry points and other strategic locations to ensure the safety and security of girl students.

The college has also installed CCTV cameras at different positions in the college premises to monitor and prevent any untoward incidents.







5. Appointment of women Counsellors

The college has appointed two lady counsellors in the college so that the girls students could freely and fearlessly talk their issues and seek the professional help needed.